

**EFFECT OF PROLONGED FASTING (MORE THAN
EIGHT HOURS) ON FASTING PLASMA GLUCOSE AND
GLYCEMIC CONTROL**

BY

Mohammed Ahmed Hafez

M.B.B.CH

A thesis submitted in partial fulfillment

Of

The requirement for the degree of master

In

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Department of Internal Medicine

Faculty of Medicine

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EIGHT HOURS) ON FASTING PLASMA GLUCOSE AND
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THESIS

**SUBMITTED FOR PARTIAL FULFILLMENT OF MASTER DEGREE IN INTERNAL
MEDICINE**

BY

Mohammed Ahmed Hafez

M.B.B.Ch, Fayoum University

UNDER SUPERVISION OF

Dr. Mohamed Abdelhady Mashahit

Assistant professor of Internal Medicine, Fayoum University

Dr. Hala Sayed Eltokhy

Lecturer of Internal Medicine, Fayoum University

Dr. Mostafa Ahmed Ezzat

Lecturer of Clinical Pathology, Fayoum University

Fayoum University

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Conclusion and Recommendations

This study concludes that the maximum hours of overnight fasting beyond it the readings will not be accepted or will affect the glycemic control are 10-11 fasting hours. So, we can recommend its measurement of fasting plasma glucose after overnight fasting (**8 to 11 hours**) to reach the target goals for good glycemic control, and to avoid diabetic complications.